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Monthly *Tipsheet*

DECEMBER 1992

USD News Bureau • Director Kate Callen • 260-4682

- **STUDY EXAMINES BEHAVIORS OF HYPERTENSIVE AFRICAN AMERICAN WOMEN**
- **CAREER COUNSELING: A NEW CAREER OPTION FOR EDUCATION MAJORS**
- **CHRISTMAS CONCERT FEATURES BRITTEN'S "CEREMONY OF CAROLS"**

****STUDY EXAMINES BEHAVIORS OF HYPERTENSIVE AFRICAN AMERICAN WOMEN**

Experts report that African American women show unusually high rates of hypertension, obesity, and diabetes. Health practitioners report that African American women are not being reached by traditional methods for promoting healthy lifestyles.

Dr. Perri Bomar of USD's Philip Y. Hahn School of Nursing is trying to find out why. Her new research project, "Health Regimens of Hypertensive African American Women," is now underway with grant support from the American Nurses Foundation.

Bomar, named a "1992 Bristol Myers Squibb Foundation Scholar" by the ANF, is listening to hypertensive African American women explain the factors that influence their physical activity, choice of food, and other lifestyle patterns.

"Hypertension can be reduced through self-care behaviors, but there seems to be unique cultural and environmental barriers that inhibit African American women from changing their lifestyle behaviors," said Bomar. "This study will help us find out what those barriers are, and what nurses can do to help this underserved population overcome them."

****CAREER COUNSELING: A NEW CAREER OPTION FOR EDUCATION MAJORS**

Students in the USD School of Education who are pursuing a master's degree in counseling now have a new career option -- the field of career development and career counseling.

In response to a request from the California Career Development Association, USD has added an "Emphasis in Career Development" to help meet a growing need for professional career counselors. The new emphasis is geared toward counseling for career choices, job transitions, re-entering the workforce, or coping with downsizing or retirement.

According to Dr. Susan Zgliczynski of the School's Division of Counseling, the average American worker makes five to seven job changes during his or her career. "Employers have learned that, if you don't help your people develop their careers, you may lose them to someone else," she said.

"The result is that business and industry are taking career counseling much more seriously," Zgliczynski continued. "The Internal Revenue Service office in Los Angeles now has two in-house career development specialists. We expect the field to grow, and we're ready to meet that need."

****CHRISTMAS CONCERT FEATURES BRITTEN'S "CEREMONY OF CAROLS"**

USD's Christmas 1992 musical celebration, entitled "A Festival of Lessons and Carols," takes place on Friday,



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December 11, and Saturday, December 12, at 8 p.m. in Founders Chapel inside Founders Hall.

The concert, featuring Benjamin Britten's "A Ceremony of Carols," will be performed by the USD Community Choir, under the direction of Ron Gillis, with harpist Marian Hays. Also featured on the program will be the USD Choral Scholars, under the direction of Dr. Robert Campbell.

"A Ceremony of Carols" was composed by Britten to an Old English text to commemorate the story of the Nativity. "The piece, with harp accompaniment, lends itself particularly well to the beautiful acoustics of Founders Chapel," said Gillis.

The program for "A Festival of Lessons and Carols" is an eclectic one, including the German carol "Still, Still, Still," the English carol, "What Is This Lovely Fragrance?" and Mel Torme's "A Christmas Song."

"And this year, the audience will be invited to participate in a sing-along of traditional carols such as 'Silent Night' and 'O Holy Night,'" Gillis added.

For information on these or other activities at the University of San Diego, please contact the News Bureau, 260-4682.